



CONNECTOR CHAPTER 36

SERVING BARRIE AND SURROUNDING AREA | barrie@carp.ca

Spring Edition 2016

WANDA MORRIS
NEW CARP V-P OF ADVOCACY
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**ARTHRITIS SOCIETY AND
CARP PARTNERSHIP**
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PHOTO CREDIT: PHYLLIS MAHON

Chapter 36 acknowledges Jeff Scott from Steckley-Gooderham Funeral Homes for his generous support in the production of this newsletter.



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CARP HOTLINE
705.252.4756

SAVE THE DATE

THEATRE & BRUNCH

Sunday, May 29th, 2016

BRUNCH AT

Brooklea Golf & Country Club

THEATRE

Midland Cultural Centre

PLAY

"Goodbye Piccadilly"

a drama by the Huronia Players



CONTACT:

Margot Scott

@ phone number

705 252 1471 to

reserve your seat

CHAPTER 36 MEETING SCHEDULE

(doors open at 6:00pm)

All meetings below held at Steckley-Gooderham Funeral Home,
201 Minet's Point Road, Barrie (opposite Giant Tiger)

March 15, 2016 – 6.30pm

**Guest Speaker: Jeremy Bertrand, Ontario Minister of Finance,
Tax Advisory and Compliance Department.**

"Get Your Money, Understanding Ontario's Tax Credits and Benefits"

April 19, 2016 – 6.30pm

**Guest Speaker: VON's Nicole Smith and a colleague will be giving us
the skinny on what VON Canada is all about and then filling us in on the
VON SMART Exercise Program. They will finish the evening off with a short,
participatory sample of the SMART program. They will be bringing pamphlets
and swag to hand out! Come to the meeting to get yours!**

May 17, 2016 – 6.30pm

Guest Speaker: Scoopy Doo Pet Services & Green Gardening

- Guests are welcome • Light refreshments are provided
- Bring a loonie or toonie for the 50/50 draw • Meetings are free of charge

PHYSICIAN ASSISTED DYING

In February of 2015, the Supreme Court of Canada ruled that the ban on physician-assisted dying violated the constitutional rights of grievously, irremediably ill people who are dealing with enduring suffering. They gave the federal government one year to create legislation guiding access to physician-assisted death. The ban currently stands until February 6, 2016, although the government has just received a four-month extension from the Supreme Court in order to allow the recently elected government to conduct more extensive consultations in preparation for eventual legislation.

While 84% of Canadians have said they support physician-assisted dying, and a majority of CARP members are also supportive, it is important for governments to consult various stakeholders and draft legislation that balances issues of rights, access, and safeguards.

PROVINCIAL EXPERT ADVISORY GROUP REPORT ON PHYSICIAN-ASSISTED DYING

The federal government's legislative development process is ongoing, but provincial and territorial governments have already conducted consultations on the issue. In order to hear from a broad variety of stakeholders, the provinces and territories appointed an advisory group of clinical, legal, and ethical experts to provide non-binding advice to Ministers of Health and Justice. On November 30, 2015, this advisory group released its report through Ontario's Ministry of Health & Long-Term Care, including 43 recommendations on how governments

can best implement physician-assisted dying. The report is available in full here, and a summary of key recommendations can be found below.

The panel also sought submissions from over 250 stakeholder groups, representing health care providers' associations, health institutions, professional regulators, faith-based organizations, patients' rights groups, academic experts, and other social and legal advocates, including CARP. The ultimate goal of these consultations was to hear as many perspectives as possible, reviewing key questions and concerns related to issues such as eligibility criteria, conscientious objection, procedural safeguards, access, and oversight.

KEY RECOMMENDATIONS FROM EXPERT ADVISORY GROUP ON PHYSICIAN-ASSISTED DYING

Many of the advisory group's recommendations focus on issues of equity and access, with the ultimate goal of ensuring that Canadians who qualify and want access to physician-assisted dying are able to do so regardless of their financial means or place of residence. Other recommendations address concerns about safety and consent, suggesting oversight processes and multi-step consultations between patient and physician.

EXAMPLES OF THE EXPERT ADVISORY GROUP'S RECOMMENDATIONS INCLUDE:

- Provinces and territories should work with the federal government to create and implement a pan-Canadian strategy for palliative and end-of-life care, including physician-assisted dying (PAD).

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hope everyone had an enjoyable Valentine's Day and Family Day weekend. It is so nice in the middle of Winter to have something special to look forward to.

Your board has 4 new bodies, namely Garry Lovelace, Bonnie North, Sarah Doucet and Beverly McGrath, who is also our new Vice-Chair. I want to welcome them and to say how much I look forward to working with them.

I also want to thank retiring treasurer, Melinda Burgess, John Rogers of John's Jokes, Eva Koselake, our Membership person and Margot Scott, Operations. While Margot has stepped down from the board she is still with us and runs our Social Committee. You can thank her for all the marvellous trips she has organized and still will be. We are looking for a volunteer to help with Operations and if anyone is interested please contact me at barrie@carp.ca or my cell phone number is 705.828.2743.

I would be remiss here if I did not mention our Editor of the CARP Connector, Phyllis Mahon. Phyllis joined the board mid last year and has been a stalwart Director and Editor with much to contribute to the Chapter. Staying on the board from previous years is myself, Sandy Wetherald, our able Secretary and Rob McEachern. Rob is also our representative on the Senior Advisory Board to the City of Barrie and is on the Newsletter Committee with Phyllis. So we have veterans and new blood on the Board, to hopefully keep us fresh and committed to keeping our

Chapter alive and well. We welcome your suggestions and involvement as we go forward.



We have yet to hear about our application for a Grant from New Horizons, which we submitted last year. I had expected we would hear a decision on the Grant by the end of January and it is difficult to set a business plan for 2016, without knowing. Needless to say, this has delayed our planning for 2016 extra curricular activities. Your board meets the first Thursday of every month and I am really hoping we will have received some word before the March meeting.

As I write this letter I am thinking of our upcoming trip on Feb. 27th to the Toronto Aquarium, the Spaghetti Factory and the St. Lawrence Market. Some of you will have joined us on trips in previous years and everything I am hearing regarding the Aquarium leads me to believe it will be well worthwhile this time too! If you could not make this trip, then do join us in May for our annual Brunch and Theatre Sunday, which I know is advertised in this issue.

Wishing you all well and do come to our meetings (third Tuesday of the month) if you are able.

Your Chair

Gwen Kavanagh

CARP Chapter 36

APPOINTMENT ANNOUNCEMENT



TORONTO, Jan 27, 2016: CARP – A New Vision of Aging for Canada, Chairman, President and CEO Moses Znaimer today announced that Susan Eng has departed CARP effective immediately.

Moses has also announced that Wanda Morris has been appointed as CARP's new Vice President of Advocacy and COO.

Most recently, Wanda was CEO of Dying With Dignity Canada (DWD Canada) where she led a strategic campaign for legislative change leading up to the Supreme Court of Canada's decision in the ground-breaking Carter v. Canada case for the right-to-die with dignity. In the process, Wanda established her reputation as a key influencer and go-to commentator in national discussions

on issues of importance to all Canadians, particularly those as we age.

Wanda brings to CARP years of successful advocacy and policy development, plus a track record of fundraising results and practical business expertise gained from three decades as a CPA including seven years with PriceWaterhouseCoopers in Vancouver and Melbourne, Australia.

"I first came to know Wanda through my ideacity conference where I featured her as a speaker. Wanda is also a frequent commentator on Zoomer Radio and Zoomer Television. I am confident that Wanda will apply all of her expertise and experience for the benefit of CARP and our 300,000 members Canada-wide," said Moses.

MEDIA CONTACT

Leanne Wright
ZoomerMedia Limited
Leanne@zoomer.ca
416.886.6873

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Saturday May 14th
Tangle Creek Golf and Country Club

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\$90 'til March 12th

www.rainbows.ca

Contact Rachael
705.721.5919

Please join **Alberto Arosemena**, Ambassador to Panama, for a free luncheon and presentation of the Advantages & Perks to Seniors on Living in Panama.

Barrie Country Club
April 27th at 1:30PM

Please **RSVP BY APRIL 4TH** to Carla Barrios, Commercial Attache Panama, at carlabarrios@embassyofpanama.ca or phone Carla at

1.613.236.7177

- Access to both physician-administered and self-administered PAD should be available and publicly funded across Canada.
- An extensive case review and system oversight process should be created.
- The Criminal Code should be amended to protect physicians and other health professionals who assist in providing PAD.
- Substitute decision-makers should not be given the authority to authorize PAD on behalf of an incompetent patient.
- Governments should not attempt to create lists of specific medical conditions that qualify as “grievous and irremediable,” and define the term broadly as a very severe illness, disease, or disability that cannot be alleviated by any means acceptable to the patient.
- Access to PAD should be available only to those eligible for publicly funded health services.
- Health professionals who conscientiously object to providing PAD should be required to inform patients of all end-of-life options, including PAD, but should have mechanisms available to transfer their patients to PAD-providers.
- There should be no mandatory “waiting period” between an initial request for PAD and the signing of a patient declaration form.
- Non-faith-based institutions must provide PAD at their facilities, and faith-based institutions must either allow PAD or arrange for safe and timely transfer of patients to PAD providers.
- Provincial review committees and a pan-Canadian commission should be established to ensure PAD providers comply with relevant legislation and regulatory standards.

- Professional organizations, regulatory authorities, and universities should develop appropriate education and training for medical students related to providing PAD.
- Governments should fund public campaigns about PAD to educate citizens and engage them in developing end-of-life care policies and legislation.

AN ADULT CONVERSATION ABOUT END-OF-LIFE

As governments prepare to draft legislation and regulations related to physician-assisted dying, they must be conscientious of a variety of issues, voices, and concerns. To this end, CARP encourages open, mindful discussion and debate on the issue of end-of-life care. Families stand to benefit from having adult conversations about end-of-life care. CARP members have held panel discussions on end-of-life care to encourage open conversation on this complex issue, and CARP recommends that families discuss end-of-life options, needs and decisions with family members and their doctors. To support Canadians’ end-of-life needs, CARP calls for the development of a national palliative care strategy, and an increase in funding for palliative and hospice services.

CARP will continue to monitor consultation on physician-assisted dying legislation across Canada, and update members regularly on new developments.



DO YOU HAVE OSTEOPOROSIS?

Functional Exercise Can Improve Your Balance and Reduce Your Risk of Falling

Written by Lorna MacNeil

FUNCTIONAL EXERCISE CAN IMPROVE YOUR BALANCE

Osteoporosis is sometimes referred to as the “silent thief” as it causes your bones to become porous and brittle, and reduces their mass, but does not announce itself with obvious symptoms: Many of us learn that we have osteoporosis after falling and fracturing a bone, when it is too late to work to prevent such a fracture.

Osteoporosis Canada tells us that there are about 30,000 hip fractures in Canada every year, and, sadly, 28% of women and 37% of men who do fracture their hips die within a year of the event. But you can strengthen your muscles, helping them to protect your bones, by regular exercise.

MARY MACLEAN HAS SOME ADVICE FOR YOU: DO SOMETHING.

I recently spoke with Mary MacLean, an energetic woman in her early 70s, who lives on Cape Breton Island, and was diagnosed with osteoporosis 16 years ago. Mary faced the fact that her bones were weakening with action, she decided that she would build strong muscles through functional exercise. For Mary, this has meant becoming a trainer for seniors who want to build stronger bodies, she teaches 4 classes a week and remains injury-free.

WHAT IS FUNCTIONAL EXERCISE?

Functional exercise focuses on training the muscles that you use every day to do routine things, like washing windows or bending down to pick up something from the floor or reaching for a bowl that sits in a high cupboard. The Mayo Clinic puts

it this way: “Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently.”

SO A FUNCTIONAL EXERCISE LOOKS LIKE ...

A squat is a good example of a functional exercise: the muscles that we use to get up from a chair, or to sit down, or to pick up something low are strengthened when we squat. Another common functional exercise is to climb stairs while using light weights to do bicep curls – this exercise has been designed to make it easier to walk up stairs while carrying something – perhaps laundry or an adorable grandchild.

CAN I DO FUNCTIONAL EXERCISES ON MY OWN?

Absolutely, though you should consult your doctor before embarking on a functional exercise regime (or any other exercise program). Consumer Reports is a trusted source for information online and you can learn how to do some functional exercises on their website.

Many YM/YWCA locations offer classes in functional exercise, you can check out your neighbourhood location online.

AN INSPIRATION

Mary MacLean inspired me to build a better body when I spoke with her about her journey toward stronger muscles and a much-improved sense of balance. If it were possible, I would share my visual memories of our conversation with you, but I will have to settle for sharing Mary’s motto, once again: Do something.



The Arthritis Society And CARP Announce Strategic Partnership

Toronto – October 29, 2015

The Arthritis Society and CARP are joining forces to share resources and create awareness of issues common to both organizations.

“As our population ages, we estimate that the number of Canadians living with arthritis will balloon from 4.6 million today to 7.5 million by 2036,” says Janet Yale, president and CEO of The Arthritis Society. “For the benefit of our collective health, it is important that we take aging and joint health seriously. For this reason, we are proud to partner with CARP to extend the reach of their resources and to expand our ability to reduce arthritis-related pain for Canadians and their loved ones.”

The objective of this strategic partnership is to promote awareness of the benefits of both CARP membership and The Arthritis Society’s programs and services to each organization’s members.

“Three out of four CARP members polled said they live with some kind of musculoskeletal condition like arthritis, which is shared by millions of other Canadians,” said Susan Eng, executive vice-president, CARP. “A diminished

quality of life need not be anyone’s reality when their chronic pain can be managed or relieved with the right resources and care. The Arthritis Society is a leader in helping Canadians achieve and sustain a better quality of life, and CARP is excited to help bring their message and resources to our members, their families and communities across the country.”

Joint promotion of programs and resources through each organization’s events, newsletters and online will begin in 2016.

ABOUT THE ARTHRITIS SOCIETY

The Arthritis Society has been setting lives in motion for over 65 years. Dedicated to a vision of living well while creating a future without arthritis, The Arthritis Society is Canada’s principal health charity providing education, programs and support to more than 4.6 million Canadians living with arthritis. Since its founding in 1948, The Society has been the largest non-government funder of arthritis research in Canada, investing over \$190 million in projects that have led to breakthroughs in the diagnosis, treatment and care of

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people with arthritis. The Arthritis Society is accredited under Imagine Canada's Standards Program. For more information and to make a donation, visit www.arthritis.ca.

ABOUT CARP

CARP is a national, non-partisan, non-profit organization committed to advocating for a New Vision of Aging for Canada, social change that will bring financial security, equitable access to health care and freedom from discrimination. CARP seeks to ensure that the marketplace serves the needs and expectations of our generation and provides value-added benefits, products and services to our members. Through our network of chapters across Canada, CARP is dedicated to building a sense of

community and shared values among our members in support of CARP's mission.

For further information or to arrange an interview, please contact:

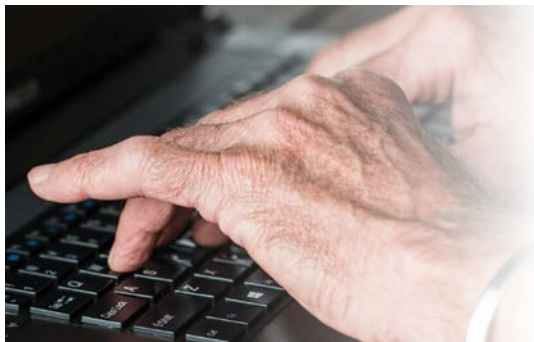
Douglas Emerson

National Communications Manager –

The Arthritis Society

416-979-7228 x3348

demerson@arthritis.ca



Andrew Sharpe
Hearing Instrument
Specialist

Tracy Sharpe
Admin
Contact

What makes your hearing clinic different?

We are family owned and operated. Tracy & I worked in the industry for many years and now we are proud to offer our expertise locally. We are the first hearing clinic to offer **evening and weekend appointments**. I often had trouble scheduling my dentist or optometrist appointments with my work schedule. I felt clients and their family members who join them, may need this flexibility.

Why the Bayfield Mall?

Growing up in Barrie, the Bayfield Mall was the main mall. We wanted to be **accessible to all of Barrie** and Bayfield Street is definitely traveled by most. We are on the bus route, have **free parking** and our own entrance, keeping wheelchair or mobility concerns in mind.

How do you compare in price?

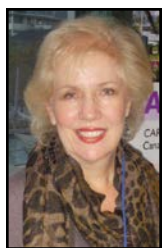
In Ontario, Hearing Aids are **regulated** through the Ministry of Health's Assistive Devices Program. Prices will be the same for all Vendors. How we differ is in the service fees. We have very **low operating costs** and therefore extend those savings to our clients.

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By April Lewis - Peace Arch News

April is the communications director for CARP, B.C.

Peninsula Zoomers: The Secret To Lasting Love

How do I love thee? Let me count the ways...

I feel confident despite her strict Victorian upbringing, Elizabeth Barrett Browning could easily have counted 50 ways she cherished her beloved husband, Robert Browning.

Had she not died an untimely death, their marriage would surely have lasted 50 years.

For us Zoomers, we are more likely to quote Paul Simon's *Fifty Ways to Leave Your Lover*.

Like so many baby boomers, we are opting out of the bonds of matrimony that bound us but no longer serve us. Marriage is not necessarily a covenant with God as an acquaintance suggested in our brief conversation in the Save-On Foods parking lot.

We are rushing to the divorce court in droves, preferring a life of singledom over servitude; of adventure instead of adversity; of reinvention rather than resignation.

What makes a marriage last at all, let alone 50 years?

In a recent issue of Zoomer magazine, an article by Leanne Delap entitled *Making Love Last* speaks to the modern-day love match of actress Candice Bergen and her late husband, French film director Louis Malle.

Bergen has written a book called *A Fine Romance*. Their love match was also abruptly halted by an untimely death.

In one of his love letters to her during their many separations as a result of their individual, hectic careers, Malle says "Let's get together, my love (and) experience quiet, isolation, silence together. And let's love each other, let me enjoy what I miss so much when I am away from you."

Ah, the nostalgic love letter... tender words that travel from one's heart to pen then paper to be savoured like a great wine. A far cry from a cursory text!

One way to make a marriage last. As well, trying hard to making each other happy. A large dose of passion. Respect. And separate interests.

A happy marriage... easier said than done. Or is it?

I know of a local love match that has lasted 50 years. Neither person has celebrity status nor has written a memoir. But their love and marriage has endured since 1965, when an adorable, rebellious 18-year-old girl eloped with her handsome man of 21. They crossed the border and got married.

Although they both grew up in White Rock, they moved to Calgary to start their married life, working tirelessly in a business they started together.

Hard work, endless hours and teamwork.

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However, things didn't work out as they had planned. Broke and bankrupt, they returned to White Rock in the late 1980s in their Cadillac with their two young children in tow.

Undaunted by this setback, they started over and started a new business. Her father had taught her, "There is no such word as can't."

Again, they worked indefatigably with determination as a team.

Today they are successful and financially secure and could both retire if they wanted to but choose not to. He golfs. He has an excellent handicap. She runs. Marathons.

Her mother's words accompany her every time she earns another medal: "Never let age be an excuse not to do something."

In April, she completed the Boston Marathon for the third time (or was it the fourth?) and came in 22nd in her age group.

He cooks – and what a chef! He makes the best crème caramel this side of Paris. Personally, I think that is the secret to their long-term marriage! They like each other and support and respect each other.

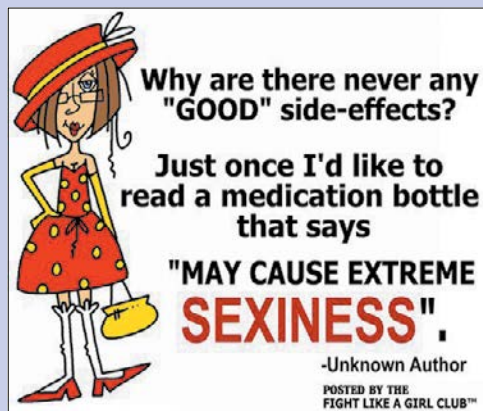
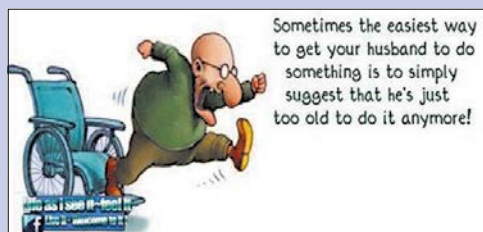
Happy 50th wedding anniversary, Lynne and Hugh.

How do I love thee? These two lovebirds can tell you.



JOHN'S JOKES

Submitted by John Rodgers,
Former Board Member
And Joker Extraordinaire!



A Fun CARP TRIP to Ripley's Aquarium in TO



Menacing Melvin - one of Ripley's Aquarium's greeters



Sandy having fun in the Sub!



Gwen Kavanagh, Barrie Chapter Chair & friend Lorraine Reason at The Old Spaghetti Factory

Photos credits: Phyllis Mahon



Margot Scott, Social Organizer, with Sandy & Dave Wetherald outside the St. Lawrence Market

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There are other advertising options available.

Please contact: Robert McEachern 705.733.9385 robmce@csolve.net for additional information, rates, specifications, etc.

Oyez, Oyez, Oyez - Bring Your (Old) Bags To The Meeting!

The Parkview Seniors' Centre in Barrie, is collecting the outside (big) plastic bags in which we purchase 3 bags (4 litres) of milk. These can be woven into mats. It takes **320 bags** to make **ONE** mat! Children in third world countries use these to sleep on. Presently, these children sleep on the mud floors of their huts. Imagine no comfy warm beds for these kids? The plastic mats will give the children vital protection from the dampness of the earth.

Many members of CARP Barrie Chapter 36 may currently consign these bags to their municipal recycling system - or, worse still, to the garbage and landfill.

As a favour, if our members could save these bags, fold them into a disposable grocery bag then bring

them to meetings, they will be delivered to Parkview Centre to be woven into the only source of comfort some families will know.

If all or many of our members start contributing these bags, it will make a huge difference to the number of mats that could be made! Thank you in advance.

Molly Malcolm



Bring *THIS* Bag

BOARD MEMBERS 2015/16

Gwen Kavanagh *Chair*

Beverly McGrath *Vice Chair*

Sandy Wetherald *Secretary*

Garry Lovelace *Treasurer*

Rob McEachern *Director*

Phyllis Mahon *Director*

Sarah Doucet *Director*

Bonnie North *Director*

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Marjory (Margot) Scott

Sandy Wetherald

Membership

Bonnie North

Senior Housing

Gwen Kavanagh

George Gibson

Murray Steban

Kim Cameron

Costan Boiangiu

Andy McInnis

*Consultants – Shelley Raymond
and Ross Cotton*

Newsletter

Phyllis Mahon, Editor

Rob McEachern, Advertising

*NOTE: Rob McEachern to represent
CARP on the Sr. Advisory Committee
to the City and Sandy Wetherald is
acting secretary for the Senior
Housing Committee.*



Mary Louise Sukman *RPN, PSW*



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